

### Billericay Striders 10K 1st November 2009

Place	Number	Time	Name	Team
1	96	0:33:22	BERG, Craig	Woodford Green & Essex Ladies
2	128	0:35:39	COUSINS, Scott	Unattached
3	168	0:36:18	PETTIT, Stephen	Ely Runners
4	295	0:36:39	ENDICOTT, James	Unattached
5	614	0:36:45	HALL, David	Dartford Road Runners
6	723	0:36:49	COX, Dave	Woodford Green & Essex Ladies
7	235	0:37:04	JAMES, Christopher	Basildon
8	678	0:37:09	GREEN, John	Thurrock Harriers
9	696	0:37:29	PEARCE, Chris	Springfield Striders
10	762	0:37:33	CAME, Anthony	Thrift Green Trotters
11	342	0:37:45	AKED, Peter	Reading Road Runners
12	517	0:37:50	READ, Mark	Thrift Green Trotters
13	198	0:37:55	HENDERSON, Les	Tri Sport Epping
14	138	0:38:20	LAW, Andrew	Basildon
15	608	0:38:23	RUSSELL, John	Thurrock Harriers
16	264	0:38:30	MACK, Darren	East Essex Tri
17	401	0:38:30	STAINES, Martyn	Thurrock Harriers
18	760	0:38:31	BUTLER, Alan	Thrift Green Trotters
19	272	0:38:32	SWEENEY, John	Tri Sport Epping
20	226	0:38:38	KNIGHTLEY, Terry	Ilford AC
21	595	0:38:42	THOMAS, Chris	Unattached
22	745	0:38:43	MURPHY, Lorcan	Woodford Green & Essex Ladies
23	182	0:38:47	THEOBALD, Simon	Tri Sport Epping
24	714	0:38:50	CRISP, Neil	Ilford AC
25	683	0:38:53	NEWELL, Kevin	Ilford AC
26	748	0:38:56	SOLLARS, Loretta	East Essex Tri
27	158	0:39:12	KENT, Glen	Chelmsford AC
28	192	0:39:15	COLE, Leo	Unattached
29	616	0:39:22	FITCHEW, Jason	Leigh on Sea Striders
30	592	0:39:31	HYDE, Tony	Pitsea RC
31	403	0:39:47	WISKEN, Greg	Mid Essex Casuals
32	447	0:39:49	JACKAMAN, Paul	Castle Point Joggers
33	417	0:39:50	ANDERSON, Peter	Benfleet RC
34	33	0:39:53	SPOONER, Terence	Unattached
35	166	0:39:58	MILBURN, Rob	Tri Sport Epping
36	237	0:40:00	CHESHAM, Kevin	Pitsea RC
37	680	0:40:08	WU, William	Ford Running Club
38	388	0:40:16	BURN, Gary	Unattached
39	155	0:40:16	JOHNSON, David	Thurrock Harriers
40	606	0:40:24	WATSON, Peter	Benfleet RC
41	741	0:40:32	DAVENPORT, Paul	Unattached
42	79	0:40:42	BONHAM, Richard	Castle Point Joggers
43	73	0:40:48	KELLY, Peter	Spitfire Running Club
44	413	0:40:53	GROUT, Mike	Benfleet RC
45	372	0:40:56	PEGG, Hayley	Thrift Green Trotters

46	375	0:40:58	BINNS, Peter	Southend AC
47	7	0:41:00	FRANCE, Colin	Unattached
48	338	0:41:08	HILLS, John	Unattached
49	456	0:41:08	THORNTON, Keith	Thrift Green Trotters
50	119	0:41:09	AFIFI, Russell	Unattached
51	236	0:41:09	MASON, Beverley	Pitsea RC
52	322	0:41:14	DUNCAN, Mark	Havering 90
53	17	0:41:17	COX, Dave	Thurrock Nomads
54	380	0:41:18	WOODRUFF, Michael	Unattached
55	454	0:41:26	CABLE, Stuart	Unattached
56	266	0:41:28	YEATS, Andy	Tri Sport Epping
57	363	0:41:35	STANDING, Paul	Unattached
58	354	0:41:38	ADKINS, Peter	Unattached
59	730	0:41:42	BARNARD, Ricky	Steel City Striders
60	233	0:42:07	FLOWER, Kevin	Havering 90
61	460	0:42:09	ALLEN, Terry	Thrift Green Trotters
62	325	0:42:12	NOBLE, Toni	Thurrock Harriers
63	713	0:42:14	DEVEREUX-COOKE, Chris	Unattached
64	469	0:42:28	ROPER, Neil	Unattached
65	769	0:42:34	WELCH, Spencer	
66	750	0:42:38	CHALLIS, Kevin	Benfleet RC
67	662	0:42:51	TODD, David	Ford
68	355	0:43:03	ADKINS, Daniel	Unattached
69	50	0:43:04	DEFRIES, Richard	Unattached
70	571	0:43:08	PIKE, David	Havering 90
71	652	0:43:10	GEVAUX, Timothy	Unattached
72	351	0:43:15	STOCKS, Adrian	Blackheath & Bromley Harriers
73	288	0:43:22	HALLAM, David	Havering 90
74	297	0:43:24	RICHARDSON, Simon	Unattached
75	99	0:43:27	ALLEN, Russell	Unattached
76	67	0:43:30	CUBBIN, Will	Unattached
77	340	0:43:33	SLAWSON, Dave	Springfield Striders
78	339	0:43:43	PRIEST, Simon	Unattached
79	547	0:43:44	RYAN, Christopher	Thrift Green Trotters
80	25	0:43:49	FAIRMAN, Nicholas	Unattached
81	473	0:43:52	STENNING, Matthew	Unattached
82	14	0:43:53	PALMER, Julia	Benfleet RC
83	581	0:44:00	FUENTE, Fernando	Havering 90
84	44	0:44:05	HOLDER, Julian	Pitsea RC
85	220	0:44:14	NATION, Richard	Benfleet RC
86	610	0:44:17	PEARCE, Robert	Unattached
87	350	0:44:27	SOMERSET, Richard	Garden City Runners
88	176	0:44:28	THORNTON, Ben	Unattached
89	414	0:44:30	REDDISH, Morgan	Benfleet RC
90	690	0:44:31	BARKER, Michael	Unattached
91	650	0:44:32	CHAMBERS, Kevin	Unattached
92	660	0:44:36	HOCKETT, Steve	Southend AC
93	418	0:44:39	BORAM, John	Benfleet RC

94	202	0:44:42	FARNDON, Steve	Unattached
95	314	0:44:42	FAIRFULL, Jamie	Tiptree RR
96	396	0:44:47	MCGANN, Richard	Unattached
97	468	0:44:51	ABEYWARDANA, Ravindra Lanka	Unattached
98	518	0:44:52	STUCHBERY, Matthew	Unattached
99	733	0:44:54	COLLINSON, Jeremy	Unattached
100	277	0:44:54	DEAN, Mandy	Unattached
101	613	0:44:55	MULLISH, Elliot	Unattached
102	270	0:44:56	PARKER, Tarnya	Benfleet RC
103	430	0:44:56	BUNKER, Sean	Unattached
104	557	0:44:57	MCDONNELL, Chris	Havering 90
105	423	0:44:57	GAITELY, Mark	Benfleet RC
106	658	0:44:57	GRINT, Andy	Unattached
107	679	0:45:01	LUNT, Ellie	Unattached
108	526	0:45:01	MARLOW, Neal	Unattached
109	336	0:45:05	LEUNG, Victor	Unattached
110	508	0:45:08	JAMES, Roy	Unattached
111	84	0:45:13	FENTON, Jeff	Havering 90
112	311	0:45:14	WOOD, Terence	Unattached
113	686	0:45:18	MOON, Graeme	Unattached
114	39	0:45:20	SMITH, Scott	Unattached
115	550	0:45:23	WILSON, Lorraine	Unattached
116	245	0:45:25	BROWN, Victoria	Serpentine Running Club
117	728	0:45:25	BARRETT, Peter	Thrift Green Trotters
118	100	0:45:30	FINCH, Jason	Unattached
119	419	0:45:32	NEWMAN, Graeme	Benfleet RC
120	53	0:45:47	SINCLAIR, Donald	Pitsea RC
121	645	0:45:58	BAXTER, Jez	East Essex Tri
122	740	0:46:04	SKIPPER, Dean	Havering 90
123	576	0:46:06	KEELEY, David	Havering 90
124	630	0:46:11	FLUTTER, Richard	Unattached
125	644	0:46:11	BAMFORD, Paul	Unattached
126	719	0:46:16	HARVEY, Chris	Unattached
127	431	0:46:18	SPONG, Sue	Havering 90
128	143	0:46:19	BAKER, Phil	Tri Sport Epping
129	58	0:46:21	ROBERTSON, Mark	Unattached
130	47	0:46:22	NATHAN, Simon	Unattached
131	131	0:46:27	WILLS, Stephen	Unattached
132	570	0:46:27	HEMMINGS, Mark	Havering 90
133	596	0:46:30	CLARK, Daren	Unattached
134	80	0:46:31	HYAM, Richard	Unattached
135	376	0:46:32	GARDNER, Andrew	Unattached
136	337	0:46:34	MCDOWALL, John	Garden City Runners
137	72	0:46:34	KING, Mark	Unattached
138	603	0:46:36	HARVEY, Shane	Havering 90
139	399	0:46:36	FINNIGAN, James	Unattached
140	705	0:46:37	WHITE, Paul	Unattached
141	156	0:46:42	DAVIES, Len	Havering 90

142	190	0:46:45	JOHNSON, Bernard	Thurrock Harriers
143	55	0:46:49	BATES, Dean	Havering 90
144	537	0:46:50	BALLARD, Emily	Basildon
145	756	0:46:52	NEL, Sue	Unattached
146	136	0:46:55	MACAULAY, Jennifer	Springfield Striders
147	230	0:46:59	GORDON, Adam	Pitsea RC
148	279	0:46:59	ALLAN, Joe	Unattached
149	720	0:47:02	SPRULES, Alexander	Thrift Green Trotters
150	695	0:47:06	RYDER, Erica	Unattached
151	698	0:47:07	QUAYE, Mike	Unattached
152	253	0:47:07	BURN, Jamie	Unattached
153	163	0:47:12	MANN, Simon	Unattached
154	217	0:47:12	BEASLEY, John	Unattached
155	416	0:47:22	WILLIAMS, Christopher	Benfleet RC
156	516	0:47:26	DIXON, Paul	Unattached
157	78	0:47:27	HALL, Ian	Unattached
158	239	0:47:27	DUNLOP, Richard	Unattached
159	189	0:47:32	HUGHES, Dorian	Unattached
160	148	0:47:32	TWEEDIE, Clive	Havering 90
161	446	0:47:33	JACKAMAN, Malcolm	Castle Point Joggers
162	28	0:47:36	MITCHELL, Paul	Thurrock Nomads
163	255	0:47:37	MANLEY, Nick	Witham RC
164	378	0:47:41	COGDALE, Lauren	Heartbeaters
165	313	0:47:42	CLAPHAM, Christopher	Unattached
166	590	0:47:44	MARTIN, D	Unattached
167	684	0:47:45	BONNEY, Graham	Unattached
168	577	0:47:48	MOLE, Denis	Havering 90
169	361	0:47:51	ARCHER, Stuart	Unattached
170	139	0:47:53	BEECH, Steve	Pitsea RC
171	221	0:47:57	MANSFIELD, Christopher	Havering 90
172	318	0:47:57	BARTON, Susanne	Benfleet RC
173	656	0:48:02	WILES, David	Thrift Green Trotters
174	722	0:48:02	DYER, Adrian	Unattached
175	319	0:48:03	TRIGGS, Nicky	Benfleet RC
176	692	0:48:07	HARRINGTON, David	Unattached
177	522	0:48:08	DAVIES, Ray	Thurrock Nomads
178	529	0:48:10	DALE, Sue	Havering 90
179	593	0:48:11	KENWARD, Cassie	Phoenix Striders
180	632	0:48:15	MACFARLANE, Alex	Unattached
181	725	0:48:16	DEXTER, Matt	Unattached
182	604	0:48:17	O'DAME, Victor	Unattached
183	768	0:48:19	CHAPLIN, Peter	
184	309	0:48:23	SHADE, Gary	Unattached
185	46	0:48:25	MACCARIELLO, Bettina	Thurrock Nomads
186	563	0:48:25	MOLE, Eleanor	Havering 90
187	162	0:48:31	JARVIS, Louise	Unattached
188	172	0:48:33	FROST, Martin	Unattached
189	420	0:48:34	BELAON, Sarah	Benfleet RC

190	629	0:48:35	HADGRAFT, Rob	Tiptree RR
191	754	0:48:37	AURIGHI, Simone	Colchester Harriers
192	712	0:48:40	TURLEY, David	Unattached
193	40	0:48:43	LECKERMAN, Antony	Unattached
194	69	0:48:44	PETTIFER, Lorna	Pitsea RC
195	586	0:48:56	MOWLE, Christine	East Essex Tri
196	104	0:48:56	RIPPON, John	Unattached
197	677	0:48:58	CAMMIDGE, Chris	Castle Point Joggers
198	206	0:49:01	ALDRIDGE, Wendy	Unattached
199	274	0:49:02	TAYLOR, Glen	Southend AC
200	729	0:49:04	BARRETT, Nina	Thrift Green Trotters
201	569	0:49:05	PARISH, Brian	Havering 90
202	507	0:49:06	COWLEY, Peter	Mount Pleasant AC
203	261	0:49:06	NORRIS, James	Unattached
204	655	0:49:07	GOODWIN, Mark	Unattached
205	439	0:49:08	KENNEDY, Michael	Pitsea RC
206	111	0:49:10	HARPER, Paul	Unattached
207	488	0:49:11	SHEA, Tim	Pitsea RC
208	254	0:49:11	LEVEY, Gary	Witham RC
209	224	0:49:14	MCGUIRE, Paul	Unattached
210	697	0:49:16	NEWELL, Julia	Unattached
211	457	0:49:23	WARWICK, Gary	Pitsea RC
212	758	0:49:24	SILVERTON, Ross	Witham RC
213	398	0:49:24	FINNIGAN, Jodie	Unattached
214	345	0:49:29	WILLIAMS, Kelvin	Unattached
215	675	0:49:29	SCANLON, John	Unattached
216	181	0:49:30	PARROTT, Leonard	Havering
217	444	0:49:33	DOHERTY, Glenn	Thrift Green Trotters
218	572	0:49:34	HENDLEY, Roy	Havering 90
219	16	0:49:37	TATCHELL, Paul	Castle Point Joggers
220	481	0:49:38	KIDD, Mitchell	Unattached
221	671	0:49:39	GREWAL, Surjit	Thrift Green Trotters
222	565	0:49:43	HAGAN, Roger	Havering 90
223	568	0:49:44	CRISP, Simone	Havering 90
224	643	0:49:45	SMITH, Mike	Unattached
225	642	0:49:45	WHITE, Chris	Unattached
226	302	0:49:46	TEER, Robert	Thurrock Harriers
227	147	0:49:46	GREENHALGH, Gordon	Benfleet RC
228	432	0:49:48	SPONG, Ray	Unattached
229	687	0:49:50	MYLES, Simon	Unattached
230	599	0:49:51	ADAMS, Andrew	Unattached
231	9	0:49:52	JOLLY, Stephen	Unattached
232	496	0:49:52	RANDALL, Barry	Unattached
233	125	0:49:56	WYATT, Jonathan	Unattached
234	620	0:49:57	BARROSO, Andre	Unattached
235	256	0:49:58	MANLEY, Angela	Witham RC
236	374	0:49:58	COLLIER, Martin	Unattached
237	532	0:49:59	WRIGHT, Neil	Unattached

238	666	0:50:00	ABLITT, Kevin	Unattached
239	97	0:50:13	BERG, Stewart	Unattached
240	443	0:50:15	GILLMORE, Ricky	Benfleet RC
241	524	0:50:17	HOFFMAN, Anna	Unattached
242	216	0:50:22	TRACEY, John	Unattached
243	711	0:50:23	WALLIS, Sam	Unattached
244	122	0:50:27	LEE, Graham	GP Triathlon
245	348	0:50:29	EMMETT, Danniell	Benfleet RC
246	331	0:50:37	YAXLEY, Darren	Unattached
247	647	0:50:39	CROSSLAND, Richard	Unattached
248	685	0:50:40	JOHNSON, Robert	Benfleet RC
249	315	0:50:41	MOLD, Sue	Witham RC
250	561	0:50:46	MOSES, Neil	Havering 90
251	466	0:50:46	MURPHY, Clive	Hornchurch Posties
252	70	0:50:46	PETTIFER, John	Pitsea RC
253	449	0:50:55	DALLEY, Gregg	South East Essex Tri Club
254	250	0:51:01	BREW, Christopher	Unattached
255	42	0:51:02	MACDONALD, Matthew	Unattached
256	392	0:51:05	HOWE, Anne	Benfleet RC
257	689	0:51:07	HAMILTON, Andrew	Unattached
258	716	0:51:09	CRISP, Jenni	Ilford AC
259	539	0:51:13	TELFER, Jacki	Pitsea RC
260	736	0:51:15	WILLIS, Gary	Unattached
261	117	0:51:16	TAYLOR, Kate	Unattached
262	268	0:51:16	KING, Andrew	Unattached
263	525	0:51:16	HEWITT, Tim	Unattached
264	654	0:51:18	WOODS, Pat	Unattached
265	238	0:51:18	MASKELL, Paul	Unattached
266	157	0:51:19	DAVIES, Deborah	Havering 90
267	702	0:51:19	HENINGTON, John	Unattached
268	49	0:51:22	FENTIMAN, Ross	Unattached
269	583	0:51:23	DOBIE, Ronald	Havering 90
270	1	0:51:23	HARRIS, Simon	Kingswood
271	602	0:51:26	BARTER, Nigel	Unattached
272	543	0:51:32	BRETT, David	Unattached
273	19	0:51:32	DOWSETT, Robert	Unattached
274	467	0:51:34	GRANDISON, Julian	Thrift Green Trotters
275	651	0:51:37	MYERS, Eddie	Unattached
276	377	0:51:43	DEVLIN, Brian	Unattached
277	628	0:51:44	MAMELOK, Stephen	Unattached
278	275	0:51:45	GILBEY, Ken	Unattached
279	412	0:51:48	PHILLIPS, Martyn	Thrift Green Trotters
280	74	0:51:48	KELLY, Joanne	Spitfire Running Club
281	765	0:51:51	NICOLL, Dave	
282	735	0:51:52	LAMPITT, Patrick	Unattached
283	510	0:51:53	HARRIS, Jeff	Unattached
284	133	0:51:55	OLIVER, Stephen	Unattached
285	407	0:51:55	JONES, Marc	Unattached

286	546	0:51:58	MCILWAIN, Carly	Unattached
287	103	0:52:01	MARTIN, Gary	Unattached
288	777	0:52:03	RICE, Mark	East Essex Tri
289	661	0:52:05	POTTER, Cliff	Road Runners Club
290	294	0:52:07	JENNINGS, Paul	Unattached
291	753	0:52:12	MARKS, Stephen	Unattached
292	137	0:52:15	MACAULAY, Sheila	Springfield Striders
293	771	0:52:20	HOUGHAM, Donna	Unattached
294	62	0:52:22	DYER, Mary	Havering 90
295	360	0:52:24	CROWTHER, Stuart	Heartbeaters
296	497	0:52:29	MCVEIGH, Martin	Havering
297	433	0:52:31	HERRIOTT, Tony	Unattached
298	43	0:52:38	BRODIE, Natalie	Unattached
299	490	0:52:41	CRAFER, Gary	Unattached
300	320	0:52:41	BUDD, Michael	Unattached
301	520	0:52:47	SALMON, Arran	Unattached
302	4	0:52:49	MYLES, Michael	Unattached
303	41	0:52:50	SAUNDERS, Toni	Thorndon Running Club
304	187	0:52:52	TURNER, Alexandra	Unattached
305	427	0:52:53	WASTELL, Keith	Heartbeaters
306	11	0:52:57	WYNDHAM, John Paul	Unattached
307	89	0:52:57	JENNETT, Jim	Leigh on Sea Striders
308	504	0:53:02	SCOTT, Jamie	Unattached
309	180	0:53:02	LARGE, Daniel	Unattached
310	263	0:53:10	MACK, Samantha	Unattached
311	177	0:53:12	THORNTON, Gary	Unattached
312	289	0:53:14	PEARSON, Mark	Phoenix Striders
313	141	0:53:15	PYKE, Linda	Pitsea RC
314	160	0:53:16	FOWLER, Kevin	Unattached
315	767	0:53:19	JEVEONS, Charlotte	Unattached
316	708	0:53:20	BLAKE, Sarah	Unattached
317	545	0:53:21	JOHNSON, Gary	Benfleet RC
318	59	0:53:23	WILLIAMS, Paul	Pitsea RC
319	387	0:53:27	HILL, Jeremy	Unattached
320	114	0:53:30	HAWKINS, Fiona	Southend AC
321	755	0:53:32	DOYLE, Noel	Unattached
322	635	0:53:32	HANDS, Kenneth	Unattached
323	634	0:53:32	DAINES, Nichola	Unattached
324	452	0:53:33	CRAWFORD, Abbe	Unattached
325	553	0:53:35	SHEEKEY, Steve	Havering 90
326	389	0:53:36	WILLIAMSON, Nigel	Unattached
327	51	0:53:36	DEFRIES, Julie	Unattached
328	12	0:53:37	HULBERT, Celine	Unattached
329	20	0:53:38	TAYLOR, Lin	Unattached
330	471	0:53:42	BIRCH, Steven	Unattached
331	505	0:53:45	BARBER, Mark	Unattached
332	500	0:53:51	PENFOLD, Keith	Havering 90
333	366	0:53:51	PRICE, Sue	Unattached

334	385	0:53:52	CLESHAM, Gerald	Unattached
335	676	0:53:53	CAMMIDGE, Kate	Castle Point Joggers
336	140	0:53:55	FISHER, Jacqueline	Pitsea RC
337	391	0:53:55	HOWE, Andrew	Benfleet RC
338	559	0:53:56	MCDONNELL, Barbara	Havering 90
339	544	0:53:58	CHAPMAN, Karen	Springfield Striders
340	479	0:53:59	DEBENHAM, Robert	Unattached
341	358	0:54:00	GUNNING, Julie	Heartbeaters
342	68	0:54:03	LLOYD, Tony	Unattached
343	298	0:54:05	CLINKER, Russell	Thrift Green Trotters
344	682	0:54:10	LUCIEN, Marie	Havering 90
345	327	0:54:11	KETTLEWELL, Jon	Unattached
346	693	0:54:15	BALL, George	Unattached
347	699	0:54:18	GOODBODY, Jane	Unattached
348	523	0:54:19	SWIFT, Nick	Unattached
349	144	0:54:20	GUYATT, Robert	Unattached
350	32	0:54:22	BUCKMASTER, Robert	Unattached
351	209	0:54:22	OSMOTHERLY, Lee	Unattached
352	296	0:54:22	PHILLIPS, Michael	Havering 90
353	203	0:54:26	ROUGHT-BROOKS, Amy	Unattached
354	57	0:54:27	LAWSON, Stephen	Havering 90
355	470	0:54:32	BIRCH, Samantha	Unattached
356	718	0:54:43	PRITCHARD, James	Unattached
357	276	0:54:45	FREEMAN, Sharon	Unattached
358	357	0:54:48	HAY, Alexander	Heartbeaters
359	240	0:54:51	CHEAVEAU, Maria	Unattached
360	459	0:54:53	ALLEN, Michelle	Thrift Green Trotters
361	115	0:54:57	COEDEL, Caroline	Pitsea RC
362	165	0:54:58	HARMER, Richard	Brentwood Trotters
363	453	0:54:59	JONES, Joanne	Unattached
364	759	0:55:03	PEARCE, Helen	Unattached
365	694	0:55:15	WIELAND, Richard	Unattached
366	766	0:55:15	STONE, Marie	
367	489	0:55:25	CORNISH, Andrew	Unattached
368	404	0:55:25	ROSE, Michael	Unattached
369	649	0:55:25	MALYON, Tara	Unattached
370	300	0:55:36	KENT, Anthony	Unattached
371	409	0:55:37	WISKEN, Michael	Unattached
372	727	0:55:38	PEACOCK, Julie	Blackwater Harriers
373	242	0:55:39	PEARCE, Mark	Unattached
374	365	0:55:43	ARMITAGE, Mark	Unattached
375	641	0:55:47	CLIFFORD, Colin	Havering 90
376	219	0:55:50	HOLMES, Emma	Unattached
377	627	0:55:51	FRANCIS, Sally	Unattached
378	408	0:55:53	THOROGOOD, Keith	Halstead Road Runners
379	428	0:55:56	CORNELIUS, Neil	Unattached
380	278	0:55:59	PATON, Matthew	Unattached
381	556	0:55:59	MCDONNELL, Tom	Havering 90

382	541	0:56:02	DRAY, John	Havering 90
383	146	0:56:03	BATES, Peter	Pitsea RC
384	560	0:56:07	HARVEY, Mark	Havering 90
385	323	0:56:11	ALEXANDER, Shane	Unattached
386	341	0:56:14	WILSON, Mark	Unattached
387	328	0:56:17	MILES, Albert	Castle Point Joggers
388	445	0:56:23	MARKS, David	Unattached
389	54	0:56:27	SINCLAIR, Valerie	Pitsea RC
390	91	0:56:32	REDMAN, Nicola	Unattached
391	475	0:56:36	EVANS, Norman	Unattached
392	437	0:56:42	WHYTE, Ken	Unattached
393	222	0:56:43	KING, David	Unattached
394	397	0:56:56	BURROWS, Karen	Unattached
395	207	0:56:56	ALSTON, Richard	Road Runners Club
396	761	0:56:57	CAMPOS, David	
397	153	0:56:58	REYNOLDS, Lara	Unattached
398	659	0:57:06	TURLEY, John	Wells City Harriers
399	210	0:57:07	RONALD, Amanda	Unattached
400	605	0:57:09	RANDALL, Carol	Unattached
401	326	0:57:11	ORREY, Emma	Unattached
402	701	0:57:12	LEE, Beverley	Unattached
403	461	0:57:12	ASHLEY, Philip	Benfleet RC
404	657	0:57:13	WRIGHT, Diane	Unattached
405	594	0:57:15	DEMPSEY, Julie	East Essex Tri
406	23	0:57:18	VICTORY, John	Unattached
407	241	0:57:19	OWEN, Lauren	Unattached
408	38	0:57:22	SMITH, Rachel	Unattached
409	362	0:57:23	JENKINS, James	Heartbeaters
410	531	0:57:25	WRIGHT, Hannah	Unattached
411	113	0:57:25	PORTER, Richard	Unattached
412	188	0:57:27	STANFORD, Paula	Unattached
413	519	0:57:28	ORANGE, Emily	Unattached
414	737	0:57:37	RICHARDSON, Nicola	Unattached
415	411	0:57:38	KING, Gillian	Unattached
416	478	0:57:39	CRISP, Lynda	Benfleet RC
417	486	0:57:50	HUMPHRIES, Frances	Vegan Runners
418	609	0:58:04	ALDRIDGE, Angus	Unattached
419	232	0:58:16	MAHONEY, Caroline	Thrift Green Trotters
420	582	0:58:17	THOMPSON, Pauline	Havering 90
421	674	0:58:22	SAXTY, Heidi	Unattached
422	732	0:58:23	LAMBE, David	Unattached
423	346	0:58:30	JONES, Roy	Castle Point Joggers
424	774	0:58:35	CLARKE, Michael	
425	267	0:58:37	INGRAM, Stuart	Unattached
426	213	0:58:41	GINN, David	Unattached
427	528	0:58:44	FOLEY, William	Unattached
428	482	0:58:51	FURNER, Julie	Thurrock Nomads
429	442	0:58:55	RODBOURN, Lisa	Unattached

430	29	0:58:55	KENNEDY, Sheila	Unattached
431	82	0:58:59	MYHILL, Bill	Unattached
432	536	0:58:59	THOMAS, David	Havering
433	624	0:59:01	TALIADOROS, Helen	Unattached
434	386	0:59:03	CROWLEY, Barbara	Thrift Green Trotters
435	438	0:59:04	LAWRENCE, Adrian	Unattached
436	371	0:59:04	LEE, Martyn	Unattached
437	688	0:59:05	CREST, David	Unattached
438	615	0:59:07	EWIN, Brian	Team VIPees
439	535	0:59:08	RICHARDSON, Abbey	Unattached
440	405	0:59:10	MITCHELL, Debi	Unattached
441	406	0:59:12	FRANCIS, Jon	Unattached
442	724	0:59:16	GROVER, Jan	Benfleet RC
443	301	0:59:18	CHEAVEAU, Tim	Unattached
444	776	0:59:21	COWLBECK, Esther	Unattached
445	170	0:59:22	SMITH, Stephen	Unattached
446	538	0:59:28	WALLIS, Caz	Pitsea RC
447	349	0:59:32	WHITE, Martyn	Benfleet RC
448	243	0:59:33	SCOTT, Janice	Unattached
449	534	0:59:44	ROWELL, Barry	Havering 90
450	601	0:59:47	MOYO, Rachel	Unattached
451	410	0:59:47	WISKEN, Hayley	Unattached
452	37	0:59:47	CARLTON, Sarah	Unattached
453	129	0:59:54	STANDING, Angie	Unattached
454	116	0:59:58	NICHOLS, Paul	Unattached
455	335	0:59:59	PRIEST, Kate	Unattached
456	283	1:00:01	POOLEY, Martin	Unattached
457	285	1:00:02	POOLEY, Charlotte	Unattached
458	344	1:00:04	MERCER, Thelma	Unattached
459	85	1:00:09	CHESHIRE, Lynette	Unattached
460	18	1:00:14	HURRELL, Karen	Dagenham 88 Runners
461	364	1:00:15	HOLLAND, David	Havering
462	183	1:00:18	BOHMER-LAUBIS, Jacqueline	Unattached
463	234	1:00:23	JAMES, Philip	Unattached
464	95	1:00:27	LEWIS, Karen	Unattached
465	626	1:00:35	FAIRWEATHER, Ross	Unattached
466	218	1:00:46	OWENS, Graham	Unattached
467	770	1:00:47	LANCELEY, Karen	Heartbeaters
468	492	1:00:53	CLARK, Stephanie	Unattached
469	707	1:00:54	GILLIE, Sheila	Unattached
470	621	1:00:56	DUNNE, Julie	Thrift Green Trotters
471	132	1:00:58	PEARSON, David	Unattached
472	229	1:01:02	HARK, Nicola	Pitsea RC
473	3	1:01:03	KING, Christine	Unattached
474	214	1:01:08	JOHNSON, Ryan	Unattached
475	145	1:01:10	BATES, Linda	Pitsea RC
476	215	1:01:10	JOHNSON, Nadine	Unattached
477	381	1:01:10	VARNDELL, Carole	Unattached

478	382	1:01:16	VARNDELL, David	Unattached
479	390	1:01:17	KILMINSTER, Claire	Unattached
480	2	1:01:18	HARE, Denise	Unattached
481	491	1:01:20	TRITTON, Eileen	Unattached
482	734	1:01:29	PROCTER, Keith	Unattached
483	394	1:01:33	PULLENGER, Faye	Unattached
484	134	1:01:35	OLIVER, Hayley	Unattached
485	306	1:01:36	SIMPSON, Linda	Unattached
486	305	1:01:37	SULLY, Deborah	Unattached
487	498	1:01:38	SHELLARD, Pippa	Springfield Striders
488	259	1:01:40	HARDING, Terry	Unattached
489	574	1:01:46	HOSLER, John	Havering 90
490	248	1:01:47	THOMPSON, Helen	Springfield Striders
491	359	1:01:50	MCGUIRE, Kerry-Lee	Heartbeaters
492	52	1:01:53	CHOWLES, Eileen	Spitfire Running Club
493	150	1:01:55	ALLEN, Mandy	Unattached
494	612	1:01:58	HOLLAND, Laura	Unattached
495	321	1:02:11	DAVIS, Lizzie	Unattached
496	575	1:02:12	STAINES, Lynda	Havering 90
497	332	1:02:13	FLIN, Emma	Thrift Green Trotters
498	757	1:02:27	MUSKETT, Natalie	Unattached
499	480	1:02:28	MOGGAN, Adele	Unattached
500	265	1:02:31	ALBROW, Lynda	Phoenix Striders
501	513	1:02:34	DOYLE, Anouska	Unattached
502	92	1:02:45	OULDS, Paula	Unattached
503	110	1:02:47	WEIGHT, Colin	Unattached
504	549	1:02:48	ABBOT, Alisa	Unattached
505	548	1:02:49	BISHOP, Sharon	Unattached
506	458	1:02:49	LYNCH, Arzu	Unattached
507	75	1:02:49	BURCHETT, Paul	Havering 90
508	120	1:02:50	DYMOND, Elizabeth	Unattached
509	691	1:02:51	PALMER, Justin	Unattached
510	589	1:02:53	KEVANY, Jim	Phoenix Striders
511	383	1:02:56	CLARK, Lynn	Thrift Green Trotters
512	212	1:03:07	GINN, Stuart	Unattached
513	258	1:03:17	TANNER, Julia	Phoenix Striders
514	495	1:03:21	MORTIMER, Kirstie	Thrift Green Trotters
515	440	1:03:25	BUNKER, Rebecca	Unattached
516	499	1:03:26	LEUNG, Tina	Thrift Green Trotters
517	102	1:03:28	HARRISON, Gillian	Pitsea RC
518	506	1:03:31	STOVOLD, Rachel	Thrift Green Trotters
519	76	1:03:32	MASLEN, Nicola	Phoenix Striders
520	228	1:03:34	BRAY, Gill	Havering 90
521	395	1:03:38	REDMAN, Lisa	Unattached
522	393	1:03:42	COTTRELL, Rebecca	Unattached
523	299	1:03:45	DICKINSON, Jeremy	Unattached
524	293	1:03:45	FRISWELL, Deborah	Southend AC
525	31	1:03:56	SILVIO-CROWDER, Nina	Unattached

526	154	1:03:57	DEEKS, Zoe	Unattached
527	579	1:03:59	BALLARD, Jannene	Havering 90
528	71	1:04:00	PRESTON, Elizabeth	Havering 90
529	22	1:04:12	LUCY, Clair	Unattached
530	334	1:04:18	PENDROUS, Jo	Unattached
531	333	1:04:18	WADE, Margaux	Unattached
532	101	1:04:22	BRAGANZA, Ruth	Unattached
533	472	1:04:27	POVEY, June	Unattached
534	93	1:04:33	HOWE, Jennifer	Unattached
535	260	1:04:34	GRALEY, Joanne	Unattached
536	15	1:04:39	HUNT, Claire	Unattached
537	400	1:04:44	PAYNE, Simon	Thrift Green Trotters
538	485	1:05:05	SCOTT, Liza	Thrift Green Trotters
539	580	1:05:17	SUTHERLAND, Christine	Havering 90
540	35	1:05:18	BARKER, Katrina	Unattached
541	667	1:05:26	HILL, Andrea	Unattached
542	45	1:05:30	ALLIX, Stephen	Unattached
543	552	1:05:35	ROBERTS, Rhiannon	Unattached
544	551	1:05:36	ROBERTS, Ifor	Unattached
545	83	1:05:38	RADDON, Paul	Unattached
546	61	1:06:01	PASSINGHAM, Keith	Pitsea RC
547	637	1:06:02	HATCHER, Elizabeth	Unattached
548	611	1:06:05	FAIRWEATHER, Rebecca	Unattached
549	764	1:06:08	LADELL, Brian	
550	587	1:06:19	WHITWORTH, Julia	Unattached
551	588	1:06:19	DONALD, Pauline	Unattached
552	330	1:06:26	COLLINS, Kate	Unattached
553	636	1:06:26	DUNN, Rachel	Unattached
554	521	1:06:36	SALMON, Cathy	Unattached
555	281	1:06:41	WRAY, Angela	Unattached
556	763	1:06:42	HORSLEY, Sarah	
557	424	1:06:43	HARVEY, Nicola	Unattached
558	367	1:06:44	ELDRIDGE, Tara	Unattached
559	197	1:06:44	ACOTT, Jeremy	Unattached
560	109	1:06:45	BOWERS, Lucy	Unattached
561	448	1:07:16	DALLEY, Michelle	Unattached
562	124	1:07:26	GORDON, Gina	Unattached
563	775	1:07:43	JOHNSON, Dick	Unattached
564	384	1:07:45	ASTON, Charlie	Unattached
565	772	1:08:11	READER, Kathryn	Unattached
566	773	1:08:11	READER, Rob	Unattached
567	746	1:08:38	HAMMOND, Peter	Unattached
568	415	1:08:42	JORDAN, Ian	Benfleet RC
569	752	1:08:43	CORRIGAN, Michelle	The Hoop
570	751	1:08:44	ALFREY, Isabelle	The Hoop
571	402	1:08:47	PAYNE, Jean	Unattached
572	540	1:08:56	DRAY, Jaqueline	Havering 90
573	631	1:09:00	READER, Sue	Unattached

574	422	1:09:17	BLISS, Tracy	Benfleet RC
575	706	1:09:40	BASS, Christopher	Unattached
576	13	1:09:50	BURTON, Glenn	Pitsea RC
577	597	1:10:39	CRAWLEY, Christine	Unattached
578	567	1:10:58	KIRBY, Lynette	Havering 90
579	566	1:10:59	HAGAN, Yvonne	Havering 90
580	63	1:11:23	CHOWLES, Dennis	Spitfire Running Club
581	231	1:11:47	TROTT, Paul	Unattached
582	174	1:12:06	WATTS, Lisa	Unattached
583	175	1:12:07	HAMMOND, Darren	Unattached
584	107	1:12:42	CAREY, Ken	Pitsea RC
585	292	1:13:16	SMITH, Penny	Unattached
586	149	1:16:19	ALDEN, Lindsay	Unattached
587	747	1:17:11	REES, Stacey	Unattached
588	623	1:17:26	KEMP, Claire	Unattached
589	90	1:18:06	GRIGGS, LYN	Unattached
590	738	1:22:50	READ, Rob	Help 4 Heros

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Male Vet 50-59
Female Vet 35-44
Female Vet 35-44
Female Vet 35-44
Male Vet 60-69
Female Vet 45-54
Senior Men
Male Vet 50-59
Female Vet 45-54
Male Vet 40-49
Female Vet 45-54
Female Vet 35-44
Senior Women
Female Vet 55-64
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Senior Men